

Montana State Hospital Pathways to Recovery



Patient Treatment at Montana State Hospital is organized around five primary clinical pathways, called “Pathways to Recovery.” The purpose of the pathways is to provide meaningful, coordinated treatment for each individual in order to promote recovery and independence to the fullest extent possible. A description of each pathway is provided below.

Coping Skills Pathway

The Coping Skills Pathway is designed for individuals whose primary problem is maladaptive coping behavior. This includes suicidal and self-injurious behaviors, eating disorders, problems with anger, problems in interpersonal relationships including aggression and lack of assertiveness, treatment non-compliance behaviors, and somatization. These behaviors are frequently associated with a high level of subjective distress and have significant adverse effects on the individual and society. Learning and practicing more effective coping and communications strategies provide the focus for treatment in this pathway

Co-Occurring Disorders Pathway

The Co-Occurring Disorders Pathway is designed to provide programmatic, stage-based, integrated treatment of individuals with co-occurring mental illness and substance abuse disorders. Individuals whose substance abuse represents a significant threat to their ability to effectively manage their mental illness, comply with treatment recommendations, and function in an adaptive manner in the community are appropriate for this clinical pathway. Addictive pattern behaviors, such as problem gambling or sexual behavior is also addressed through this pathway. Groups and therapeutic activities are designed to address mental illnesses and addictive behaviors concurrently and with a recovery perspective.

Social and Independent Living Pathway (SILS)

The SILS Pathway is a program designed for individuals with mental illness who have been identified as having functional deficits in their Independent Living Skills and social functioning. These deficits in functioning are significantly affecting their ability to manage their mental illness and adaptation to successful community placement. Groups and therapeutic activities are designed to provide learning and practice experiences to improve these areas of functioning as well as to promote healthy patterns of living and improve patients’ quality of life.

Adaptive Living Skills Pathway

The Adaptive Living Skills Pathway is designed to enhance the physical, mental and psychosocial well being of individuals who have long-term psychiatric disabilities and/or significant physical limitations. Individuals considered for this pathway include those whose psychosis or cognitive limitations are such that they interfere with daily functioning. Significant physical impairments may be present as well. Groups and therapeutic activities are highly individualized and designed to: 1) provide a daily schedule that promotes physical, cognitive, emotional and social health; 2) promote each individual’s self-respect and quality of life by providing activities that allow for self-expression, personal responsibility and choice.

Management of Legal Issues Pathway (MLI)

The Management of Legal Issues Pathways is designed for people admitted to Montana State Hospital who have misdemeanor or felony charges pending and are in various stages of adjudication. Montana State Hospital is charged with helping people regain competency as defined in M.C.A. In addition, Montana State Hospital provides care, treatment and stabilization to help people cope with stress related to legal issues. Personal responsibility and recognition of the perspective of victims receive appropriate emphasis.

All pathways address co-occurring substance abuse problems concurrently with other treatment provided.

Stages of Change Progress within each pathway follows the “Stages of Change” model developed by James Prochaska, Ph.D., and Carlo DiClemente, Ph.D.

Stage of Change	Characteristics
Pre-Contemplation	Not currently considering change: "Ignorance is bliss"
Contemplation	Ambivalent about change: "Sitting on the fence." Thinking about the impact making a change might have.
Preparation	Some experience with change and are trying to change: "Testing the waters." Planning to take action soon.
Action	Active engagement in treatment and practicing new behaviors.
Maintenance and Relapse Prevention	Commitment to sustaining new behaviors and preventing relapse

The “Stages of Change” combined with the five “Pathways for Recovery,” combine to create the model below, “Pathways to Recovery” for Montana State Hospital:

	Coping Skills Pathway	Co-Occurring Disorders Pathway	Social & Independent Living Skills Pathway	Adaptive Living Skills Pathway	Management of Legal Issues Pathway
Orientation					
Pre-Contemplation					
Contemplation					
Preparation					
Action					
Maintenance and Relapse Prevention					